



Lime Pickles



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



673 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons pickling spice
- ☐ 7 pounds cucumbers (4-inch-long)
- ☐ 1 cup pickling lime
- ☐ 1 tablespoon salt
- ☐ 6 cups sugar
- ☐ 6 cups vinegar white 5% (acidity)

Equipment

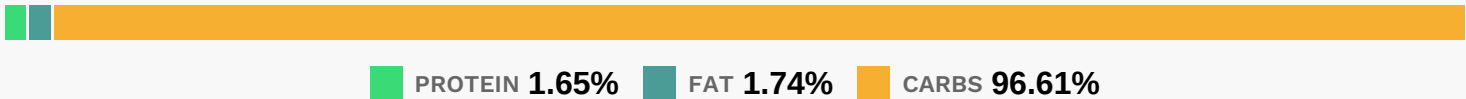
- ☐ sauce pan

☐ pot

Directions

- ☐ Cut cucumbers lengthwise into 1/4-inch-thick slices.
- ☐ Combine cucumber slices, pickling lime, and water to cover in a nonaluminum stockpot; stir well. Cover and let stand at room temperature 12 hours.
- ☐ Drain cucumbers; rinse with cold water, and return to stockpot.
- ☐ Add fresh cold water to cover, and let stand 1 hour. Repeat procedure 2 times.
- ☐ Drain cucumbers, and return to stockpot.
- ☐ Combine vinegar and next 3 ingredients in a saucepan; bring to a boil over medium heat, stirring until sugar dissolves.
- ☐ Pour vinegar mixture over cucumbers in stockpot; cover and let stand 6 hours or overnight.
- ☐ Bring cucumbers and vinegar mixture to a boil over medium heat; cover, reduce heat, and simmer, stirring gently, 35 minutes.
- ☐ Pack cucumbers into hot, sterilized jars.
- ☐ Pour vinegar mixture over cucumbers, filling to 1/2 inch from top.
- ☐ Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands.
- ☐ Process in boiling-water bath 5 minutes. Refrigerate pickles after opening.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:105.97, Inflammation Score:-5, Nutrition Score:12.287391196127%

Flavonoids

Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 672.95kcal (33.65%), Fat: 1.3g (2%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 161.86g (53.95%), Net Carbohydrates: 157.17g (57.15%), Sugar: 155.61g (172.9%), Cholesterol: 0mg (0%), Sodium: 886.48mg (38.54%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin K: 51.63µg (49.17%), Manganese: 0.59mg (29.43%), Vitamin C: 16.28mg (19.73%), Fiber: 4.69g (18.74%), Potassium: 605.6mg (17.3%), Copper: 0.34mg (16.78%), Folate: 65.29µg (16.32%), Magnesium: 60.26mg (15.07%), Iron: 2.45mg (13.59%), Calcium: 132.08mg (13.21%), Vitamin B6: 0.25mg (12.31%), Vitamin B5: 1.01mg (10.13%), Phosphorus: 98.63mg (9.86%), Vitamin B1: 0.13mg (8.88%), Vitamin B2: 0.15mg (8.8%), Vitamin A: 354.64IU (7.09%), Zinc: 0.82mg (5.49%), Vitamin E: 0.82mg (5.47%), Selenium: 2.47µg (3.53%), Vitamin B3: 0.34mg (1.71%)